

From Birth to Death Throughout Adulthood and Careers – How to Stand In Your Power When Change Occurs

*John Grillo
JG Vault Coaching*

Summary

Life is one continuous experience in change and transition.

From the time we are born, our physical changes, our mental growth, the new connections that are created in our brains, we are changing and transitioning throughout life.

As we get into adulthood, whether we start a family or not, and into our working careers, change and transition surrounds us.

The deeper we get into adulthood, there are times we become numb to it. Instead of leading ourselves throughout it, we, as adults can become oblivious (?). Our numbness makes us act from a position of weakness and then causes many to then lose control of their own lives. Many just resign themselves to what happens, forgetting they can control what happens. This is when staying in comfort zones can cause people to not even notice the changes occurring around them.

This presentation will encompass the different types of change and transition.

There are many writings which explain the differences between change and transition as two distinct items. There is an intersection with transition, as a change can evolve slowly over time. An example would be a major decision to culturally change the decision-making mindset within an organization or after a merger as different company cultures merge and converge. I will discuss the differences between the two.

The main purpose for this talk is to teach awareness of change, the different types of change that can occur, how to deal and cope with changes in life and business, and how to stay in your full power regardless of what happens.

We will discuss how to find your Power, to transcend the Power of Fear and embrace the Power of Responsibility as taught by the physical and mental trainer of Michael Jordan, Kobe Bryant, and - Tim Grover.

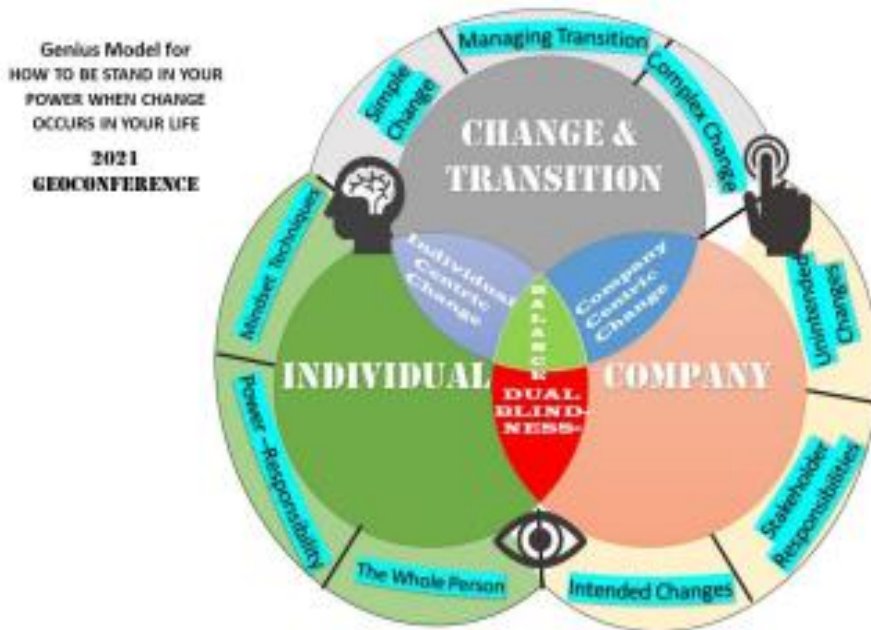
Once we review change, transition and staying in your power, we will move on to the different types of change we experience in life and business.

There are two approaches for an organization looking to embrace change:

1. A simple 3 Part Plan to implement a major change strategy; and
2. Four critical interdependent functions of Leadership in an organization that are especially needed for change.

For the individual, we will discuss typical changes in life and business, how they impact the person, and what competing pressures and intersecting changes will impact the individual.

We will end with techniques an individual could use to, not only help deal with significant changes in their personal life, their jobs and businesses, but also in many other areas of their lives.



Theory / Method / Workflow

The teachings are based on the idea that we can rewire our brains by expelling our limiting beliefs as taught by David Bayer. In addition, programs under Tim Grover have coached mental toughness and winning philosophies to many well know prominent athletes including Michael Jordan for over 15 years and Kobe Bryant for 5 years. Tim’s major philosophy is based on being a comeback coach.

Also applied are the trainings of Tim Storey, a coach to many Hollywood and music industry celebrities. Tim Storey’s major philosophy is based on being a Comeback Coach. He believes and has taught that, “...your setback becomes your comeback...” Tim’s philosophies align with dealing with change perfectly.

Results, Observations, Conclusions

At the end of the seminar individuals will walk away with awareness of how change can impact them at times without them noticing. They will understand how to become more aware and will be equipped with tools to not only combat change effectively but also how to live with a more powerful mindset.